



Grilled Chicken and Raspberry-Spinach Salad

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



522 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 cup almonds toasted sliced
- 2 tablespoons olive oil
- 10 oz raspberries red frozen organic thawed drained cascadian farm®
- 0.5 cup onion red thinly sliced
- 0.3 cup red wine vinegar
- 1 lb chicken breast boneless skinless
- 8 cups pkt spinach fresh
- 1 cup strawberry jam organic cascadian farm®

Equipment

- bowl
- grill

Directions

- Heat gas or charcoal grill. In small bowl, stir together fruit spread, vinegar and oil; reserve 1/3 cup for glaze. Set remaining mixture aside.
- Carefully brush grill rack with oil.
- Place chicken on grill over medium heat.
- Brush chicken with reserved glaze. Cover grill; cook 5 minutes. Turn chicken over; brush with glaze. Cover grill; cook 3 to 7 minutes longer, brushing occasionally with glaze, until juice of chicken is clear when center of thickest part is cut (170F).
- Meanwhile, on 4 individual dinner plates, arrange spinach, raspberries, onion and almonds.
- Cut each grilled chicken breast into slices; place on top of salads.
- Drizzle with remaining fruit spread mixture.

Nutrition Facts

PROTEIN 21.63% **FAT 23.27%** **CARBS 55.1%**

Properties

Glycemic Index:37.5, Glycemic Load:33.43, Inflammation Score:-10, Nutrition Score:34.67826067883%

Flavonoids

Cyanidin: 32.58mg, Cyanidin: 32.58mg, Cyanidin: 32.58mg, Cyanidin: 32.58mg Petunidin: 0.22mg, Petunidin: 0.22mg, Petunidin: 0.22mg, Petunidin: 0.22mg Delphinidin: 0.94mg, Delphinidin: 0.94mg, Delphinidin: 0.94mg, Delphinidin: 0.94mg Malvidin: 0.09mg, Malvidin: 0.09mg, Malvidin: 0.09mg, Malvidin: 0.09mg Pelargonidin: 0.69mg, Pelargonidin: 0.69mg, Pelargonidin: 0.69mg, Pelargonidin: 0.69mg Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg Catechin: 1mg, Catechin: 1mg, Catechin: 1mg, Catechin: 1mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg Epicatechin: 2.53mg, Epicatechin: 2.53mg, Epicatechin: 2.53mg, Epicatechin: 2.53mg Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin:

0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg Kaempferol: 4.02mg, Kaempferol: 4.02mg, Kaempferol: 4.02mg, Kaempferol: 4.02mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 7.21mg, Quercetin: 7.21mg, Quercetin: 7.21mg, Quercetin: 7.21mg

Nutrients (% of daily need)

Calories: 522.24kcal (26.11%), Fat: 13.58g (20.89%), Saturated Fat: 1.9g (11.85%), Carbohydrates: 72.33g (24.11%), Net Carbohydrates: 64.41g (23.42%), Sugar: 45.71g (50.79%), Cholesterol: 72.57mg (24.19%), Sodium: 209.04mg (9.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.4g (56.8%), Vitamin K: 299.85µg (285.57%), Vitamin A: 5684.07IU (113.68%), Vitamin B3: 12.95mg (64.74%), Manganese: 1.23mg (61.41%), Selenium: 39.06µg (55.81%), Vitamin C: 45.82mg (55.54%), Vitamin B6: 1.05mg (52.71%), Folate: 151.5µg (37.87%), Phosphorus: 338.89mg (33.89%), Fiber: 7.92g (31.68%), Vitamin E: 4.64mg (30.91%), Potassium: 1004.09mg (28.69%), Magnesium: 114mg (28.5%), Vitamin B2: 0.39mg (22.9%), Vitamin B5: 1.96mg (19.57%), Iron: 3.31mg (18.4%), Copper: 0.33mg (16.3%), Calcium: 120.82mg (12.08%), Vitamin B1: 0.18mg (11.78%), Zinc: 1.54mg (10.28%), Vitamin B12: 0.23µg (3.78%)